

**WHAT IS CLAIMED IS:**

1           1. A lunch box capable of blast frozen preservation, comprising:

2           a first container having a lip at a top and an indented portion just below the lip; and

3           a second container having a rim at a top, the second container being disposed within the first  
4 container, the rim of the second container being supported by the indented portion of the first  
5 container, wherein a space is formed between a bottom surface of the second container and a bottom  
6 surface of the first container, the bottom surface of the second container physically separating a  
7 second food disposed in the second container from a first food disposed in the first container beneath  
8 the bottom surface of the second container.

1           2. The lunch box of claim 1, the first container and the second container being microwave

2 compatible, allowing microwave radiation to pass through and able to withstand blast freezing.

1           3. The lunch box of claim 1, the bottom surface of the second container is rigid and

2 inflexible.

1           4. The lunch box of claim 1, further comprising a cover that attaches to said lip of said first

2 container that seals an interior of said first and said second container.

1           5. The lunch box of claim 1, said second container having a groove running an entire height

of said second container from said bottom surface to the rim of said second container enabling steam to escape from said first food when heated.

6. The lunch box of claim 1, further comprising a paper plate sealed to said lip of said first container preventing said second food, said first food and said second container from being separated from an interior of said first container.

7. The lunch box of claim 1, said first container being surrounded by a sealed paper cover.

8. The lunch box of claim 1, said first food does not contact said bottom surface of said second container.

9. The lunch box of claim 7, said first container being surrounded by a sealed plastic bag.

10. A lunch box capable of blast frozen preservation, comprising:  
an outer container having essentially a shape of a cup, having a bottom surface and a lip at a top; and  
an inner container disposed within the outer container, the inner container having a shape similar to the shape of the outer container, the inner container having a height of about one half a height of the outer container, the inner container being supported solely by the outer container, the outer and the inner container being made entirely out of a material that can withstand blast freezing,

8       that is microwave compatible and is made entirely of a material that is microwave-permeable.

1           11. The lunch box of claim 10, the inner container having a bottom surface, the bottom  
2       surface of the inner container being parallel to and separated from the bottom surface of the outer  
3       container by a distance of about one half the height of the outer container.

1           12. The lunch box of claim 10, further comprising a seal disposed on said lip of said outer  
2       container sealing the inner container and any food inside the inner container and any food inside the  
3       outer container within said outer container.

1           13. The lunch box of claim 10, the inner container having a rim that is supported by the lip  
2       of the outer container.

1           14. The lunch box of claim 10, the inner container being concentric with said outer  
2       container.

1           15. The lunch box of claim 10, the inner container and the outer container both being rigid  
2       and inflexible.

1           16. The lunch box of claim 10, the inner and the outer container being non-porous.

1           17. A blast freezable, microwave compatible and microwave permeable apparatus,  
2 comprising:

3           a first container having a bottom surface, side walls and a lip opposite from said bottom  
4 surface, said side walls being disposed between said bottom surface and said lip;

5           a second container disposed within said first container, said second container being supported  
6 by said first container, said second container having a bottom surface and a rim opposite said bottom  
7 surface, said bottom surface of said second container being separated from said bottom surface of  
8 said first container by a distance roughly equal to a distance between said rim and said bottom  
9 surface of said second container;

10          a first food disposed within said first container between said bottom surface of said first  
11 container and said bottom surface of said second container, said first food not being in contact with  
12 said bottom surface of said second container; and

13          a second food disposed within said second container, said second food being separated from  
14 said first food by said bottom surface of said second container, said first food never mixing with said  
15 second food.

1           18. The apparatus of claim 17, said first and said second container being made entirely of  
2 a material that is microwave compatible, that can withstand blast freezing and that allows microwave  
3 radiation to pass through.

1           19. The apparatus of claim 17, said bottom surface of said second container being non-

2 flexible and non-porous.

1 20. The apparatus of claim 17, further comprising a cover attached to said lip of said first  
2 container and enclosing said first food, said second food and said second container within said first  
3 container.